



# **Kingsport Senior Center News**

**August 2014**

**Volume XXII Edition 8**

**1200 East Center Street  
Kingsport, Tennessee 37660**

## **1st Annual Barbeque Cook-Off**



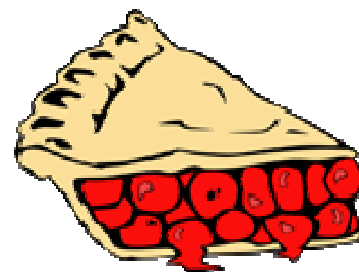
Hosted By: The Kingsport Senior Center and  
Home Instead Senior Care

**Friday, August 22, 2014**

**1:00p.m.-2:30p.m.**

**Cafeteria**

**FREE to Senior Center  
members**



**Vendor Tables!**

**BBQ Tasting!**

**Prizes!**

**Pie Eating Contest!**

**Sign up for Pie Eating Contest ONLY at front office now!**

# Center News

### Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

### Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior Center is located at  
1200 E. Center Street at the Renaissance Center.  
For more information call the Center at (423) 392-8400  
<http://seniors.kingsporttn.gov>**

### Center Hours

**Monday thru Friday 8:00am ~ 7:00pm  
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site  
257 Walker Street  
Kingsport, TN 37665  
(423) 765-9047**

**Hours: 9am to 2pm ~ Monday ~ Friday  
(See Branch Site Page for more information)**

**\*The Exercise Room and Computer Lab will close  
15 minutes prior to the closing of the Center.**

**Membership Dues  
For Fiscal Year  
July 1, 2013-June 30, 2014**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

**Must be at least 50 years of age to join.**

**"The Fun Begins at 50!"**

### Kingsport Senior Center Staff

Director ~ Shirley Buchanan  
shirleybuchanan@kingsporttn.gov  
392-8403

Branch Coordinator ~ Cindy Price  
cindyprice@kingsporttn.gov  
392-8402

Lori Calhoun ~ Secretary  
loricalhoun@kingsporttn.gov  
392-8400 **FAX 224-2488**

Program Leader ~ Michelle Tolbert  
michelletolbert@kingsporttn.gov  
392-8404

Wellness Coordinator ~ Kevin Lytle  
kevinlytle@kingsporttn.gov  
392-8407

Program Leader ~ Marlana Williams  
marlanawilliams@kingsporttn.gov  
392-8405

Program Assistant ~ Jane Whitson  
janewhitson@kingsporttn.gov  
392-8406

Program Assistant ~ Amber Quillen  
amberquillen@kingsporttn.gov  
343-9713

Branch Program Assistant ~ Hannah Baker  
hannahbaker@kingsporttn.gov  
765-9047

Nutrition Site Manager ~ Sona Bingham  
246-8060

# WELLNESS

## WELLNESS SEMINARS

**Needleless Allergy Test:** First Med Mobile Allergy will be at the Senior Center on **Tuesday, August 12, 2014** from 9:00 am to 11:30 am in the Card Room. The test takes about 10 to 15 minutes and you will know your results the same day. The results are sent to their lab where an oral allergy drop or injection is made based on your preference; its safe, convenient and takes just a few minutes! You must bring your insurance card (i.e. Medicare, etc.) so they may record your information and bill accordingly, any cost not covered by insurance will be written off by First Med so there will be no out of pocket cost to you! Sign up in the office.

**Untreated Hearing Loss:** Dr. Carol R. Runyan, AuD, Audiology Field Staff TN/VA will be at the Senior Center on **Thursday, August 14, 2014** in the multi-purpose room at 9:00 am. Dr. Runyan will be doing free hearing test for any member interested in getting their hearing tested stop by the office and sign up for an appointment, walk-ins are welcome.

**Flu Vaccine Clinic:** Walgreens Pharmacy will be offering a Flu Vaccine Clinic on **Thursday, September 9, 2014** from 8:30 am to 11:00 am in the hallway Billiards Room side. Medicare part B and TNCARE are going to cover the influenza vaccine this year at no charge to the patient, pneumonia vaccine will be available and is covered by Medicare. Without any insurance the current retail prices of the vaccines are:

- **Influenza: \$31.99**
- **Pneumonia: \$94.99**

You must bring in your insurance card (Medicare, etc.) so that we may record the information and bill accordingly. Walgreens will also verify patient medical/immunization history, provide information on all vaccine types, give the patient an immunization card for his/her reference, and provide the immunization information to the clients primary care physician. Stop by the office to sign up, walk-ins are welcome.

**Mountain States Mobile Health:** Mountain States Mobile Health will be at the Senior Center on **Thursday, September 18, 2014** from 7:00 am to 4:00 pm in the front parking lot for Cardiovascular Assessment. Cost is \$89.00 (Cash, Check, Credit, HAS, MSHA team member payroll deduction). The assessment includes:

1. **LIPIDS** (Total cholesterol, HDL, LDL, Triglycerides) and GLUCOSE readings. (fingerstick)
2. **BIOMETRICS** - Height, weight, waist and blood pressure measurements.
3. **CARDIOVASCULAR ASSESSMENT**
  - \* **Carotid Artery Scan**
  - \* **Aorta Scan**
  - \* **Ankle Brachial Index Measurements**

4. **SLEEP DISORDER QUESTIONNAIRE** - The STOP BANG questionnaire consists of eight questions to determine the risk of sleep apnea.

**CALL 1-855-673-3376 TO SCHEDULE YOUR ASSESSMENT**

## 1st Annual Barbeque Cook-Off

Hosted by: Kingsport Senior Center & Home Instead Senior Care, **Friday, August 22, 2014** in the cafeteria from 1:00 pm to 2:30 pm. Vendors will compete in a barbeque cook-off and our members will enjoy some good BBQ after the judges have picked the winners. We will also have a pie eating contest and if you would like to participate stop by the office and sign-up, prizes will be awarded to the winners. This event is to benefit the Alzheimer’s Association.

## K-Mets Baseball Game

We will depart the Center **Friday, August 29, 2014** at 4:00 pm for a K-Mets vs Elizabethton Twins baseball game. Dinner is on your own at the Lone Star Steakhouse. Cost of bus/van is \$8.00 payable when you sign up and \$3.00 fee for the game payable at the gate. Sign up in the office.

## TOURNAMENT

**Table Tennis:** Come join us for a table tennis tournament on **Wednesday, September 10 2014** at 1:00 pm in the Gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 10 to sign up for tournament to be played. Deadline for sign-ups is Monday, September 8, 2014.

## FIRST DISTRICT SENIOR OLYMPICS

The First district Tennessee Senior Olympics is a special event for seniors 50 and older that combines a wide range of competitive activities. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives, promote physical fitness and the pursuit of lifetime leisure activities, and provide opportunities for fun, recreation an fellowship. The following counties are included in the First District:

**\*Carter \*Greene \*Hancock \*Hawkins \*Johnson \*Sullivan \*Unicoi \*Washington**

The 2014 first TN District dates: October 13 - October 17, 2014. Track & Field at Liberty Bell Track, Johnson City: Saturday, October 11th. Golf tournament, Cattails at Meadowview, Kingsport: Wednesday, October 22nd.

For more information contact, Teresa Sutphin, Coordinator. Phone: 423-722-5120

Email: [tsutphin@ftaaad.org](mailto:tsutphin@ftaaad.org) / Web site: [www.tnseniorolympics.com](http://www.tnseniorolympics.com)

## Woodshop Safety Class

Woodshop safety class is held every 1st Monday of the month in the Card Room at 9:00 am, sign up in the office.

Daily Activities and Classes at the Center

Monday

SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)  
Open Woodshop ~ 9:00  
Quilting ~ 9:00 ~ Room 303  
High Impact Aerobics ~ 9:15 ~ Gym  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Happy Day Singers ~ 9:45  
Clay Throwing Class ~ 10:00 ~ Clay/Ceramic Studio  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Knitting ~ 1:00 ~ Room 303  
Table Tennis ~ 1:00 ~ Gym  
Volleyball ~ 4:00 ~ Gym

Tuesday

Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)  
Zumba Fitness ~ 8:15 a.m.  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Room  
Strength Training ~ 9:30 ~ Gym  
Basketweaving ~ 10:00 ~ Room 303  
Renaissance Strings ~ 10:00 ~ Atrium  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Dulcimer ~ 11:00 ~ Atrium  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Pickleball ~ 1:00 ~ Gym  
Basketball ~ 4:00 ~ Gym  
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Intermediate Clay ~ 10:00 ~ Clay/Ceramic Studio  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Intermediate Clogging ~ 11:15 ~ Room 302  
Hand and Foot Card Game ~ 12:30 ~ Card Room  
Belly Dancing ~ 1:00 ~ Room 302  
Table Tennis ~ 1:00 ~ Gym

Thursday

Zumba Fitness ~ 8:15 a.m.  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Woodcarving ~ 9:00 ~ Room 303  
Strength Training ~ 9:30 ~ Gym  
Beginning Clogging ~ 10:00 ~ Room 302  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Belly Dance ~ 11:30 ~ Room 302  
Jam Session ~ 12:30 ~ Cafeteria  
Volleyball ~ 1:00~ Gym  
Piano lessons ~2:00 ~ Multipurpose room (appointment only)  
Pickleball ~ 4:00 ~ Gym

Friday

SilversSneakers Classic~ 8:15 ~ Gym  
Genealogy Group ~ 9:00 ~ Computer Lab  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Pickleball ~ 1:00 ~ Gym  
Bridge Group ~ 1:00 ~ Card Room  
Mahjong ~ 1:30 ~ Multipurpose Room

Saturday

Basketball ~ 9:00 ~ Gym  
Table Tennis ~ 10:30 ~ Gym

Kingsport Senior Center Advisory Council Members:

Bruce Shine (Chairman)	Bob Winstead (Secretary)
Jean Chang	Norma Livesay
Carmon Moix	Lester Pridemore
Don Royston	Carol Woodard

TRAVEL AND SPECIAL EVENTS

Call for Entries

Kingsport Senior Center is accepting entries for its beautification program. Call for entries will be juried by the Arts Committee. The goal is to beautify and bring your artwork to YOUR senior center.

Accepted entries are 2D Paintings, Drawings, woodcarvings, and photography. All donations of artworks will be greatly appreciated, if accepted by jury committee. Each piece of artwork, must be framed, with a wire for hanging. Should you choose to sell your artwork on commission through the Kingsport Senior Artisan Center, you must fill out a W9 and vendor info form, at acceptance by the committee. For more information, call Marlana at 423.392.8405.

Basic Beginning Painting

Friday, August 22, 2014  
Room 303  
1:00p.m.-4:00p.m.  
Cost: \$20.00 paid to instructor

Supply list available at signup

Instructor: Anne Thwaites

Sign up began July 23.

Bob Ross Style Painting

Wednesday, August 20, 2014  
10:00a.m.-2:00p.m.  
Room 303  
Cost: \$50.00 paid to instructor  
Jay Holdway

See example in display case.  
Bring your lunch.

Sign up began July 21.

Game Day

Monday, August 18, 2014  
12:30p.m.-1:30p.m.  
Card Room

Sign up began July 22.

Christmas Connection

Sign up will begin September 2<sup>nd</sup>  
for tables in the Senior Center Room  
Cost is \$20 per table  
Only 1 table per person  
Christmas Connection will be  
November 7-9, 2014.

Beginning Scratch Board

Friday, August 8, 2014  
10:00a.m.-2:00p.m.  
Room 303  
Cost: \$45.00 paid to instructor  
  
Instructor: Michelle Howe

Sign up began July 22.

TRAVEL AND SPECIAL EVENTS

**OTLB: Pisgah Inn—  
The Peak of the Parkway**

Friday, September 12, 2014  
Waynesville, NC  
8:45a.m.-5:00p.m.  
Cost: \$8.00 plus lunch on your own

The Mt. Pisgah area has been a popular resort area for a number of years. The first Pisgah Inn opened about 1919. This rustic old Inn was a welcome journey’s end for thousands of travelers escaping from the heat of the lowlands in the summer. Development of the modern Pisgah Inn began in the early 1960’s. The original Inn was disassembled in 1990 due to safety concerns.

\*Menu available at sign up\*  
**Sign up begins August 6.**

**Dixie Stampede-Senior Day**

Tuesday, September 30, 2014  
Sevierville, TN  
9:30a.m.-6:00p.m.  
Cost: \$44.00 all inclusive

Enjoy the comedy and musical talent of Bluegrass and Country band, Mountain Rukus. Only Dixie Stampede brings you this diverse mix of musical talent of our Bluegrass and Country in such a family-friendly atmosphere. You won't want to miss it!  
Filled with friendly North and South competition, thrilling horse riding stunts, spectacular special effects, phenomenal musical productions plus a mouth-watering four-course feast complete with a delicious dessert!

**Sign up begins August 4.**

**Barter Theater Presents:  
“Driving Miss Daisy”**

Tuesday, September 16, 2014  
Abingdon, VA  
10:30a.m.-6:00p.m.  
Cost: \$20.00 plus lunch on your own  
Lunch at Ruby Tuesday

This sweet southern comedy is set in Atlanta, Georgia, from 1948-1973. Boolie hires Hoke, a chauffer, against his aging mothers wishes, after she “destroys one 3-week-old Packard a 2 car garage and a tool shed” when she was “just putting the car in reverse.” Follow the interesting relationship that develops between a black man and the Werthan family.

**Sign up begins August 4.**

**Wohlfahrt Haus Presents: “Little  
Shop of Horrors”**

Thursday, October 16, 2014  
Wytheville, VA  
9:45a.m.-6:00p.m.  
Cost: \$45.00 all inclusive

A down-and out skid row floral assistant becomes an overnight sensation in this musical sci-fi spoof when he discovers an exotic plant with a mysterious craving for fresh blood. Soon “Audrey II” grows into an ill-tempered, R&B singing carnivore who offers him fame and fortune in exchange for feeding its growing appetite. “This horticultural horror will have you screaming with laughter...” says the New York Post.

**Sign up begins September 5.**

# Your Page

## From the Dancing Corner

**AUGUST DANCE AT THE RENAISSANCE CENTER**  
The August dance will feature *SHOOTER* band.  
Come out and welcome this group on **FRIDAY** evening, **AUGUST 8, 2014**. Line dancing will begin at **6:30 PM** with the band starting at **7:00 PM**. Admission is **\$5.00** per person.

**SHOOTER BAND** is made up of a three member core that has been playing together for decades. Two brothers, Frank and Wes Perry and their childhood friend, Ken Dugger make up the front three. Add the backbone of the band, Johnny Ball, on more vocals and percussion and you have one of the strongest country / rock bands in the East Tennessee Area.

Are you tired of hearing the music and not hearing the lyrics? With Shooter, you'll hear all of the song, the way it was meant to be heard. Their show is a hot mix of classic Country and classic Rock and we know you will enjoy not just the music, but, you'll end up singing along, because these are songs we all have grown up listening to and you'll be heading for the dance floor.

They offer some of the best three part harmonies you'll hear this side of Nashville. They will play a varied group of musical selections and genres that should satisfy everyone. Come out and enjoy the music and dancing!



## Massage Therapy

Mondays and Tuesdays  
9:00a.m.-3:00p.m. with Barbara Keesecker  
call 423 - 735-7475  
30 minute massage  
Cost: \$20.00  
Call to schedule appointment

**The woodshop will close down every last Friday of each month for cleaning.**

## Protecting Your Identity

Wednesday, August 6, 2014  
Card Room  
10:30a.m.-11:30a.m.  
Free

Denise DePriest– Merrill Lynch

Light refreshments served

**Sign up now.**

## AARP Safe Driving

Wednesday, September 24 and  
Thursday, September 25.

9:00a.m.-1:00p.m.  
Room 230  
Cost: \$15 for members \$20 for non members

**Sign up begins August 22.**

NEWS TO USE	
<p><b><u>Picnic at Allandale</u></b></p> <p>Tuesday, August 19, 2014 Allandale Pavilion 11:30a.m.-1:00p.m. FREE</p> <p>Meal at 11:30 Bingo at 12:30</p> <p><b>Sign up now!</b></p>	<p><b><u>Hannah’s Corner</u></b></p> <p><b><u>Peanut Butter Rice Krispies Treats</u></b></p> <p><b><u>Ingredients for Krispies</u></b> 10 oz. Marshmallows 1/4 c. Crunchy Peanut Butter 5 c. Rice Krispies</p> <p><b><u>Ingredients for Topping:</u></b> 1 1/2 c. Hershey’s Baking Melts 3/4 c. Peanut Butter 2 tbsp. butter 2 c. corn flakes</p> <p><b><u>Directions for Krispies:</u></b></p> <ul style="list-style-type: none"> <li>Place peanut butter and marshmallows in large microwave safe bowl and microwave 1 minute. Stir until smooth.</li> <li>Mix rice krispies into marshmallow mixture. Stir until completely coated. Gently press into greased 8x8 baking dish. Set aside to cool.</li> </ul> <p><b><u>Directions for Topping:</u></b> In medium microwave safe bowl, heat together the chocolate, peanut butter and butter for 1 min. Stir until smooth. Mix in corn flakes, stir until completely coated. Spread topping over rice krispies. Cool at room temp about an hour or 15 minutes in the fridge.</p>
<p><b><u>“S.M.I.L.E” Volunteer Meeting</u></b></p> <p>Thursday, August 14, 2014 Room 239 2:00p.m.-3:00p.m.</p> <p>This meeting will be held every second Thursday of each month.</p>	
<p><b><u>Cooking with Tracy</u></b></p> <p>Monday, August 11, 2014 Lounge 11:00a.m.-12:30p.m. Cost: \$2.00 paid at sign-up</p> <p>Instructor: Tracy Laws Maximum of 12 participants</p> <p><b>Sign up begins July 11.</b></p>	

**Computer Class Schedule**

**Internet Security**– Monday, August 11, 2014– 9:00a.m.-11:30a.m. and 1:00p.m.-3:15p.m.– Participants attend both sessions– Cost: \$10.00

**What is the “cloud” and is it safe?-** Monday, August 18, 2014– 9:00a.m.-11:30a.m.– Cost: \$5.00

Participants in these classes must have basic computer skills.

Don’t forget to like our facebook page! Facebook is a great way to find out what has been going on at the center and what will be happening.



Joyce Manis and Angela Price show off the first Fun-Fest shirts every made in 1981.

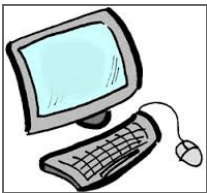
**KARAOKE will not meet in August**



**SMILE: Volunteers Wanted**

- (See Michelle if interested)
- Library Book Day
  - Volunteer Instructors
  - Welcome Center: Tour guides/Greeters for Center
  - Exercise Room
  - Entertainment
  - Program Liaison
  - Computer Lab
  - Nutritional Assistant

**Attend SMILE meeting- Thursday, August 14 at 2:00 in Room 239.**



**Genealogy Group , 9:00 am Friday’s**

**Computer lab is available when not being used for class.**

**Library Book Day**  
**Thursday, August 21, 2014**

Fall Session Classes 2014		
<p><b>Classes begin week of August 25, 2014—week of November 17, 2014, unless otherwise noted.</b></p> <p><b>Aerobics</b></p> <ul style="list-style-type: none"> <li>Monday, Wednesday, Friday (ongoing)</li> <li>Time: 9:15am - 10:00am</li> <li>Location: Gym</li> <li>Instructor: Terri Farthing</li> <li>Lo-hi Impact Aerobics</li> </ul> <p><b>Ballroom Video Class</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 4:30pm - 6:30pm</li> <li>Room 302</li> </ul> <p>No instructor, practice to own</p> <p><b>Basket weaving</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 9:00am-12:30pm</li> <li>Location: Room 303</li> <li>Instructor: Lynne Bowers</li> </ul>	<p><b>Belly Dance for Beginners (Women Only)</b></p> <ul style="list-style-type: none"> <li>Thursday</li> <li>Time: 11:30am-12:30pm</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> </ul> <p><b>Belly Dancing - (Women Only)</b></p> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Time: 1:00pm</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> <li>Great for your abdominals</li> </ul> <p><b>Camera Club</b></p> <p>Please visit website for meeting times Instructor: Claude Kelly Website: <a href="http://www.scphotogroup.com">www.scphotogroup.com</a></p> <p><b>Ceramics</b></p> <ul style="list-style-type: none"> <li>Tuesday and Thursday</li> <li>Time: 9:00am - 11:00am</li> <li>Location: Ceramic/Clay Studio</li> <li>Instructor: Mary Lamson</li> <li><b>Please remember your annual \$10 firing fee</b></li> </ul> <p><b>Clay (Beginning Hand building / Wheel Demonstration)</b></p> <ul style="list-style-type: none"> <li><u>Monday Beginning Aug 25 - Nov 17, 2014</u></li> <li><u>Sign up starts August 11th</u></li> <li>Time: 10:00am-3:00pm</li> <li>Location: Ceramic Room</li> <li>Instructor: Aleta Chandler</li> <li>Fee: \$30.00, plus \$10.00 firing fee</li> <li>Pay at signup; no refunds</li> <li>Class will include un-instructed lab time on Tuesday's (Aug 26– Nov 25, 2014) from 1-3 p.m. This lab time will be used for practice.</li> </ul>	<p><b>Clay (Intermediate Hand building)</b></p> <ul style="list-style-type: none"> <li><u>Wednesday beginning Aug 27 – Nov 26, 2014</u></li> <li><u>Sign up starts August 11th</u></li> <li>Time: 10:00am-3:00pm</li> <li>Location: Ceramic Room</li> <li>Instructor: Aleta Chandler</li> <li>Fee: \$30.00, plus \$10.00 firing fee</li> <li>Pre-requisite must have taken beginning hand building.</li> </ul> <p><b>Clogging - (Beginning)</b></p> <ul style="list-style-type: none"> <li>Thursday</li> <li>Time: 10:00am-11:30am</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> <li>Must have 8 new beginners</li> <li>Sign up in office</li> </ul> <p><b>Clogging - (Intermediate)</b></p> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Time: 11:15am</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> </ul> <p><b>Dulcimer (Beginners)</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 11:00am</li> <li>Location: Atrium</li> <li>Instructor: Sharon McCurry</li> <li>Learn to play this beautiful Instrument</li> </ul> <p><b>Exercise for Everybody</b></p> <ul style="list-style-type: none"> <li>Tuesday &amp; Thursday</li> <li>Time: 10:30am</li> <li>Location: Gym</li> <li>Instructor: Kevin Lytle</li> </ul>

# Spring Session Classes 2014

<p><b>Happy Day Singers</b></p> <ul style="list-style-type: none"><li>Monday</li><li>Time: 9:45am</li><li>Inspirational singing at nursing homes</li></ul> <p>Any member wanting to participate meet outside the senior center office each Monday at 9:00 a.m. we travel by bus to location where we are scheduled to sing.</p> <p><b>Jam Session</b></p> <ul style="list-style-type: none"><li>Thursday</li><li>Time: 12:30 noon</li><li>Location: Cafeteria</li><li>Bring your instrument and play with the group, dance or just enjoy the music!</li></ul> <p><b>Karaoke</b></p> <ul style="list-style-type: none"><li>3rd Tuesday each month</li><li>Time: 4:00pm</li><li>Location: Cafeteria</li><li>Bring a snack</li></ul> <p><b>Knitting Class</b></p> <ul style="list-style-type: none"><li>Monday</li><li>Time: 1:00 - 3:00pm</li><li>Location: Room 303</li><li>Instructor: Barbara White</li><li>All skill levels</li></ul> <p><b>Lap Swimming</b></p> <ul style="list-style-type: none"><li>M-F</li><li>Time: 8:00am-11:00am</li><li>Location: Aquatics Center</li><li>No instructor, lap swimming</li><li>Locker room and warm water pool available for use.</li></ul>	<p><b>Laughter Yoga</b></p> <ul style="list-style-type: none"><li>Tuesday's</li><li>11:00am –12:00 Noon</li><li>Room: 302</li><li>Instructor: Dr. Sharmi Mentha</li><li>Please sign up by August 25 in the senior center office.</li></ul> <p><b>Mahjong</b></p> <ul style="list-style-type: none"><li>Friday</li><li>Time: 1:30pm</li><li>Location: Multipurpose Room</li><li>Instructor: Jean Chang</li></ul> <p>Beginners to Advanced players Welcome.</p> <p><b>Mini Cardio Exercise Class</b></p> <ul style="list-style-type: none"><li>Tuesday &amp; Thursday</li><li>Time: 8:45am - 9:15am</li><li>Room: 302</li><li>Instructor: Roger Hixson</li></ul> <p><b>Piano Lessons</b></p> <ul style="list-style-type: none"><li>Thursday's</li><li>Time: 2:00pm-4:00pm</li><li>Room: Multipurpose Room</li><li>Instructor: Freda Karsnak</li><li>Fee: \$15.00 paid to instructor</li><li>Call to schedule appointment 423-292-2711</li></ul> <p><b>Quilting</b></p> <ul style="list-style-type: none"><li>Monday</li><li>Time: 9:00am - 10:30am</li><li>Location: Room 303</li><li>Instructor: John Plutchak</li></ul> <p><b>Renaissance Strings</b></p> <ul style="list-style-type: none"><li>Tuesday</li><li>Time: 10:00am - 11:00am</li><li>Location: Atrium</li><li>Instructors: Lucile Hincke and Jan Fenelon</li></ul>	<p><b>SilverSneakers Classic</b></p> <ul style="list-style-type: none"><li>Monday, Wednesday &amp; Friday</li><li>Time: 8:15am - 9:00am</li><li>Location: Gym</li><li>Low Impact Aerobics</li><li>Instructor: Terri Bowling</li></ul> <p><b>Strength Training</b></p> <ul style="list-style-type: none"><li>Monday, Wednesday &amp; Friday</li><li>Time: 10:15am - 11:00am</li><li>Location: Gym</li><li>Instructor: Terri Farthing</li></ul> <p><b>Strength Training</b></p> <ul style="list-style-type: none"><li>Tuesday, Thursday</li><li>Time 9:30am - 10:30am</li><li>Location: Gym</li><li>Instructor: Kevin Lytle</li></ul> <p><b>Tai-Chi</b></p> <ul style="list-style-type: none"><li>Monday &amp; Wednesday</li><li>Time: 8:30am</li><li>Location: Senior center, Room 310</li><li>Instructor: Hang Lei</li></ul> <p><b>Woodcarving</b></p> <ul style="list-style-type: none"><li>Thursdays</li><li>Time: 9:00am - 12:00 noon</li><li>Location: Room 303</li><li>Beginners welcome</li></ul> <p><b>Woodshop</b></p> <ul style="list-style-type: none"><li>Monday, Wednesday, Friday</li><li>Time: 9:00am-2:00pm</li><li>Location: Woodshop</li><li>Volunteer Instructors</li><li>Complete woodshop. <b>Safety test Required, given 1st Monday of each month at 9 am.</b></li></ul> <p><b>Zumba</b></p> <ul style="list-style-type: none"><li>Tuesday and Thursday</li><li>Time: 8:15am</li><li>Location: Gym</li><li>Instructor: Terri Bowling</li></ul>
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# FALL 2014 BRANCH SITE SCHEDULE

***New class schedule begins September 2nd***

**Core Conditioning**

- Monday and Wednesday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

**Beginning Crochet (Begins Sept 10)**

- Wednesday
- 6 week class
- 10:30-
- Instructor: Susan Egan
- Location: Lynn View Branch Site
- \$20.00
- Must be right handed, call for materials list. 765-9047

**Intermediate Crochet (Begins Sept 10)**

- Wednesday
- 6 week class
- Instructor: Susan Egan
- Location: Lynn View Branch site
- 11:30
- \$20.00
- Bring your own pattern

**Beginning Drawing**

- Monday
- Time: 10:00am - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Fee: \$25 Minimum 5 students
- Basic drawing class

**Advanced Drawing**

- Wednesday
- Time: 9:00am –11:00am
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

**Line Dance - Beginning**

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell

**Line Dance - Intermediate**

- Monday
- Time: 12:45pm –1:45pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.

**Advanced Yoga**

- Tuesday and Thursday
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC Rec. Room
- Instructor: Tish Kashdan

**Private Personal Training with Chris**

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

**Artist and Crafters Monthly Breakfast**

- 2nd Wednesday \*NOTE DATE CHANGE
- 9:30am
- Lynn View Branch Site
- Please call for reservation 765-9047

**Yoga**

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

**SilverSneakers Muscular Strength and Range of Movement**

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

**Piloxing**

- Tuesday
- Time: 9:30am
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

**Total Body Workout**

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor, Terri Bowling

**Game Day**

- 3rd Monday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

**Pickleball**

- Monday and Wednesday
- Time: 10:00pm - 12:00pm
- Lynn View Branch Site

**Silver Sneakers Yoga**

- Wednesday
- Time: 11:00am
- Location: Colonial Heights Baptist Church
- Instructor: Darlene Taylor

**Indoor Walking**

- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

**Silver Sneakers Yoga**

Monday and Wednesday  
Time: 11:00  
Location: Lynn View Branch Site  
Instructor: Chris Hicks

**Artists Wanted**

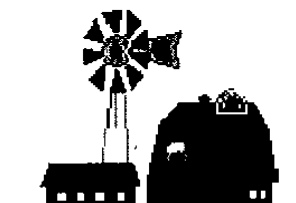
The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information. Cindy at 423 392-8402 or Hannah at 423-765-9047. Visit our website [www.kingsportseniorartisancenter.com](http://www.kingsportseniorartisancenter.com) And like us on Facebook

<div data-bbox="108 475 677 615">  <p><b>Kingsport</b> <b>Adult Education</b></p> </div> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p><b>JOB SKILLS</b></p> <div data-bbox="124 1174 514 1442">  </div> <p><b><u>21ST CENTURY JOB SEEKING *NEW</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks</li> <li>• Fee \$100</li> <li>• Instructor: TBA</li> <li>• Wednesday 6:00pm - 8:00pm</li> <li>• Location: Computer Lab, Senior Center</li> <li>• Will cover, computer basics, job search skills, resumes, cover letters, common requirements and the interview</li> </ul> <p><b><u>2008 National Electric Code (Commercial) Begins September 15</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee: \$75</li> <li>• Monday 6:00pm - 8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul> <p><b><u>2008 National Electric Code (Residential) Begins January 26</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee \$75</li> <li>• Monday 6:00pm-8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul>	<p><b><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></b></p> <ul style="list-style-type: none"> <li>• Part I</li> <li>• 10 Weeks</li> <li>• Fee: \$165</li> <li>• Tuesday 6:00pm - 9:00pm</li> <li>• Instructor: Jim Dotson</li> <li>• Location: Multipurpose Room, Renaissance Center</li> </ul> <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students. Must pre-register.</p> <p><b><u>CULTURAL/ARTS/CRAFTS</u></b></p> <p><b><u>Card Making Workshop</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: TBA</li> <li>• Fee: \$10/includes materials</li> <li>• Location: Lynn View Community Center</li> </ul> <p>You will make five cards and take materials home to make five additional cards.</p> <p><b><u>Beginning Chinese Class</u></b></p> <p>Wednesdays 11 classes 4:00 P.M.</p> <p>Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p>Thursdays 11 classes 4:30 p.m.</p> <p>Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><b><u>Intermediate Chinese Class</u></b></p> <p>Wednesdays 11 classes 5:15 P.M.</p> <p>Instructor: Jean Chang Fee: \$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><b><u>HEALTH/EXERCISE</u></b></p> <p><b><u>Personal Training with Chris</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: Chris Hicks</li> <li>• Available by the hour or as package</li> <li>• Contact Chris (423-741-5643)</li> </ul>	<p><b><u>***Pound Fit Coming in September</u></b></p> <p><b><u>Zumba Fitness</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks</li> <li>• \$25 fee per session</li> <li>• Thursday, 5:15pm</li> <li>• Instructor: Becky Mills</li> <li>• Location: Lynn View Community Center, Cafeteria</li> </ul> <div data-bbox="1352 932 1729 1268">  </div> <p><b><u>Piloxing</u></b></p> <ul style="list-style-type: none"> <li>• Tuesday, 6:00pm</li> <li>• Instructor: Becky Mills</li> <li>• Limited to 15 participants</li> <li>• Location: Kingsport Renaissance Center</li> <li>• \$30.00 payable first night of class</li> </ul> <p><b><u>DANCE CLASSES</u></b></p> <p><b><u>Beginning Line Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks class</li> <li>• Fee: \$25</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Thursday, 6:30pm - 8:00pm</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Couples Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks class</li> <li>• Fee: \$25 or free if you take Line Dance class</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Wednesday, 6:30pm - 8:00pm</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Salsa Dance</u></b></p> <ul style="list-style-type: none"> <li>• 4 weeks class</li> <li>• Tuesday and Thursday</li> <li>• Time: 1:30pm</li> <li>• Room 302, Renaissance Center</li> <li>• Instructor: BJ Goliday</li> </ul> <p>* Call for starting dates where not listed.</p>
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# Kingsport Senior Center

Presents a Fabulous Trip To

## ***Lancaster, PA***



### **Your 3 Day/2 Night Package Includes:**

2 Nights Hotel Accommodations

2 Breakfasts at your Hotel

**2 Dinners Including 1 Amish Style Dinner Feast**

**A Sight & Sound Theater Production "Moses"!**

*The parting of the Red Sea ... the Burning Bush ... the Plagues ... the Ten Commandments ... finally ... the greatest Biblical epic of the Old Testament comes to life on the Sight & Sound stage in Moses!*

### ***Guided Tour of Lancaster County***

*Taking you deep into the heart of the oldest Amish community in the world, as well as some of the most beautiful farmland you'll ever set eyes upon.*

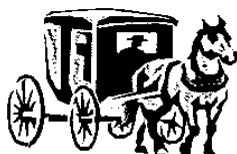
### **Visit Hershey's Chocolate World**

*Enjoy the Great American Chocolate Tour, where you will see, feel and hear the processes that deliciously transform the beans into milk chocolate!*

### **Shopping at an Amish Farmers Market**

*You will find Amish quilts, crafts and furniture as well as fresh produce, cheese, meats, baked goods and more!*

Standard Taxes, Meal Gratuities and Baggage Handling,  
Motor Coach Transportation



### **For Information and/or Reservations, Please Contact:**

**Shirley Buchanan @ 423-392-8405**

**Trip Date:** November 17 – November 19, 2014

**Price:** \$404.00 Per Person – Double Occupancy

**Travel Protection:** Travel Protection can be purchased at \$51.00/person --

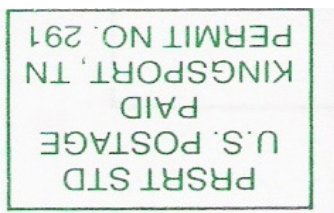
## **Sign up now!**

## **\$100 deposit due by August 15, 2014**

## **Final Payment Due September, 15, 2014**

# Did you know?

1. Jellyfish evaporate in the sun because they're 98% water.
2. Nutella was invented during WWII, when an Italian pastry maker mixed hazelnuts into chocolate to extend his chocolate ration.
3. More people die of obesity every year worldwide than hunger.
4. Sarcasm has been proven to make you smarter and more creative.
5. Regular coffee drinkers have a decreased risk of Alzheimer's disease, dementia and other health problems.
6. When someone tickles you, the laughter is a panic response— you can't tickle yourself, because your body doesn't sense any real danger.
7. Men were the first to wear high heels— then women started wearing them to look more masculine.
8. 70% of market ground beef is actually pink slime that has been drenched in ammonia— originally it was only okay for dogs to eat.
9. The U.S. has 115,000 janitors, 83,000 bartenders, 323, 000 restaurant servers, and 80,000 heavy-duty truck drivers with bachelors degrees.
10. Cockroaches feel exactly the same way we do about them— if a person touches them, they run away and hide, then wash themselves.
11. The last time the Sun was in its current position in space around the Milky Way, dinosaurs roamed the Earth.
12. Even if the Earth somehow became separated from the sun, its core temperature would be high enough to sustain life on the ocean floor.



**Kingsport Senior Center**  
**1200 E. Center Street**  
**Kingsport, TN. 37660**  
**Phone: 423-392-8400**

# 2nd Annual Brain Games

**Tuesday, August 12, 2014**  
**10:00a.m.**  
**Room 239**  
**Free**

**SIGN UP NOW!!!**

Come and watch the 2nd annual brain games competition at the Kingsport Senior Center! Teams from all over the region will be competing against one another for a chance to represent their region at the state level. Come support your Kingsport Senior Center team!

Light lunch will be served to spectators.